

Me Too....

Presented by:
Diane McGowan
Martin Flu Foundation



Me too.....

Claire McCarthy, a pediatrician at Children's Hospital in Boston, says doctors need to take time to address parents' questions. "Some of the people who refuse vaccines are anti-vaccine people whose minds are made up," she says. "But many are just worried parents who want to do the right thing, who have heard misinformation and don't know whom to trust."



**"But ^{what if} the flu vaccine
makes me sick?**

**I can't risk missing
work or school."**



Me To



**"Oh, the flu isn't
so bad...right?"**



**"I hate
shots."**

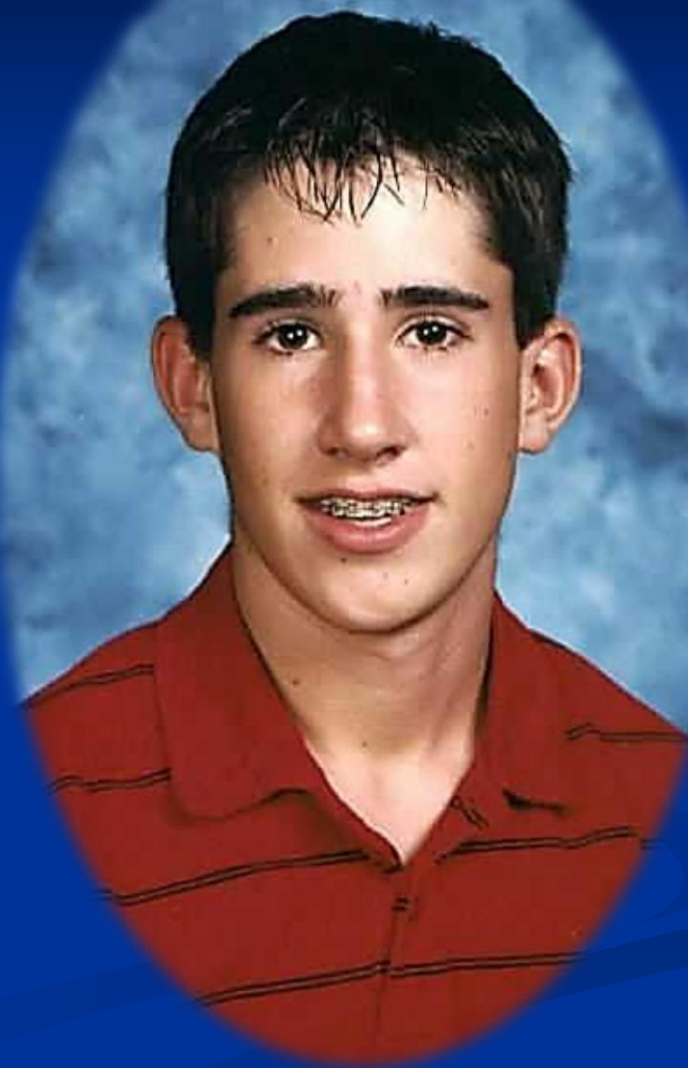
Me too.....

Martin J. McGowan

January 4, 1990 – February 9, 2005







Complications of the Flu:

- Complications of the flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, diabetes, muscle breakdown, heart tissue inflammation, and encephalitis.

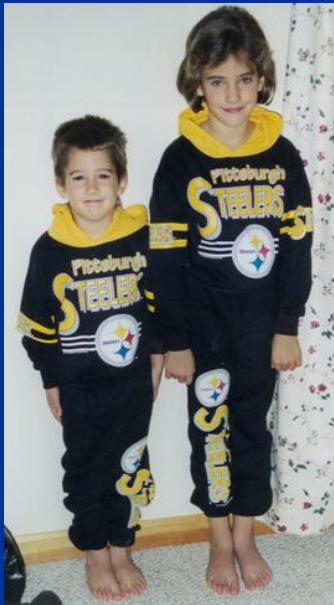
As defined by the Center for Disease Control

M.A.R.T.I.N. Flu Foundation

May All Receive Their Immunization Now

501(C)3 Non-Profit Organization

Mission: To educate the public
on the importance of annual
influenza vaccination,
especially for our adolescents,
and dispel misconceptions.



“Hershey Park in the Dark Event”

Handed out over 1,500 brochures while the ECPAPIC group passed out hand sanitizers



Coca Cola Park “Iron Pigs” Baseball – Immunization Night

Handed out brochures, water bottles, rally towels with LV IC.



LVHN Drive Thru Flu Clinic

LEHIGH VALLEY HEALTH NETWORK

Free Flu Shots

Sunday, Nov. 7
9 a.m.–3 p.m.

Coca-Cola Park
1050 IronPigs Way
Allentown, Pa.

Entrance Only = American Pkwy
Exit Only = Union Blvd & Dauphin St
◆ = Exit Union Blvd
◆ = Exit Dauphin Street



LEHIGH

Free Flu Shots

Saturday, Nov. 6
9 a.m.–3 p.m.

Dorney Park
3830 Dorney Park Rd.
Allentown, Pa.

Please enter Dorney Park's parking lot from Hamilton Blvd., onto Lincoln Ave. Follow the signs to the flu vaccine area. Be prepared to receive the shot as you





brings you efficient content output.

Last year in response to the recent findings that healthy children need flu shots

Flu can be deadly, even in healthy kids - CNN.com

By Ann J. Curley, CNN

updated 7:17 AM EDT, Wed October 24, 2012

CNN.com



Martin McGowan and his sister Nadean during a summer vacation in 2004. Martin died the following year at 15.

(CNN) -- Martin McGowan insisted on going to high school baseball tryouts, despite his mother's worries he wasn't feeling well.

After the tryouts, the 15-year-old complained of leg pain and seemed exhausted. He woke up and vomited during the night, Diane McGowan recalled. She gave him medicine for his fever, and he returned to bed, only to wake again, vomiting and complaining of leg pain.

At the emergency room, doctors diagnosed Martin with the flu, and said his leg pain was due to "compartment syndrome," Diane McGowan said.

Be FLUent with These 5 Flu Facts...

1. Even healthy kids can be hospitalized or die because of influenza, **“The flu does not discriminate”**
2. The influenza vaccine works with your immune system to build resistance.... **“No one is naturally immune to the flu virus”**.
3. Hand washing helps stop germs from spreading, but it's not enough for airborne diseases like influenza; vaccines are needed
4. Influenza vaccines are thoroughly tested each year and provide safe and effective protection
5. In order to keep kids in school and yourself at work this season, get vaccinated.

So, we ask these four simple things of you...

1. Continue to educate your patients and others about the seriousness of influenza and the need for children 6 months and older to get vaccinated every year
2. Urge all family members to get vaccinated, particularly now with universal recommendation
3. Be a role model by protecting yourself and everyone around you by getting vaccinated!
4. Share my story with others.....



courtesy Booth family

Austin Booth, who died of influenza at age 17, was a healthy basketball player, his family says.





Get Vaccinated

Thank you



Martin's Family

Resources/additional information

- Center for Disease Control (CDC) www.cdc.gov/flu
- Advisory Committee on Immunization Practices (ACIP)
www.cdc.gov/nip/acip
- Martin Flu Foundation www.MartinFlu.org

“To leave the world a better place, to know that even one life has breathed easier because you have lived - that is to have succeeded”

Ralph Emerson

